## AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

18-24. (Cancelled)

25. (Currently Amended) A method of transferring force in a directionally and force controlled manner to a targeted object, said method comprising the steps of:

providing a device including a (i) guide sleeve with a longitudinal passageway therethrough, (ii) and an impact head receiving section attached to a distal end of the guide sleeve, said impact head receiving section having a proximal stop formed at a connection to the guide sleeve and having a distal stop, an open space being defined between said proximal and distal stops and a stop positioned at a distal end of said guide sleeve;

providing an impact head received in said longitudinal passageway and placed adjacent said distal end thereof, said impact head having a proximal end received in said open space which remains within said longitudinal passageway, said proximal end being defined by a slide portion that is slidable in said open space positioned in close proximity with said longitudinal passageway, and said impact head further having an impact extension which extends distally beyond said distal stop end of said guide sleeve;

inserting a plunger in said longitudinal passageway;

attaching a removable tip to said impact extension;

orienting said guide sleeve in a direction for which force is to be directed toward the object to be contacted;

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sliding the plunger in the guide sleeve by maintaining the guide sleeve in a fixed position and moving the plunger at a desired speed to contact the impact head with a desired force, the contact of the plunger with the impact head occurring within the open space;

sliding the impact head in response to the forced transferred from the plunger and maintaining the at least said slide portion of said impact head within the open space guide sleeve, said distal stop defining a limit of travel for the slide portion said impact head and to prevent said impact head from moving beyond said guide sleeve; and

contacting the object with the removable tip.

26. (Currently Amended) A method, as claimed in Claim 25, further including the steps of:

removing said removable tip;

attaching a second removable tip to said impact extension;

sliding the plunger in the guide sleeve at a desired speed to contact the impact head with a desired force;

sliding the impact head in response to the force transferred from the plunger and maintaining at least said slide portion of said impact head within the guide sleeve, said distal stop defining the limit of travel for said impact head; and

contacting the object with the second removable tip.

27-30. Cancelled.